


# Hartford Public Schools' FEBRUARY 2012 Pre-Pack Menu



Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
We serve nutrient rich fruits and vegetables and whole grains everyday!			Hartford Schools' menu is <b>Trans Fat Free</b> and <b>Nut Free</b>		
Whole Grain Bagel/Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll or Yogurt Parfait		February is National Heart Healthy Month Be Kind to your Heart Eat More Antioxidant rich Fresh Fruits and Vegetables and MOVE MORE!	Italian Dunkers served with Whole Grain Breadstick Fresh Green Beans Soft Bread Stick Rainbow Fruit Tray 1% Low Fat Milk	Asian Chicken with Sweet and Sour Sauce Steamed Brown Rice Carrot Sticks served with Low fat Ranch dip Rainbow Fruit Tray 1% Low Fat Milk	Grilled Cheese on Whole Wheat Bread Tossed Garden Salad (choice of dressing) Whole Grain Heartzel Pretzels Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/Yogurt Plate or Chef Salad or Ham & Cheese Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll or Yogurt Parfait	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Whole Grain Bagel/Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Vegetarian Choice (varies) Yogurt Parfait or Veggie Burger on Whole Grain roll	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Whole Grain Bagel/Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole Grain roll or Yogurt Parfait	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Whole Grain Bagel/Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Yogurt Parfait or Veggie Burger on Whole Grain roll	<b>27</b>	<b>28</b>	<b>29</b>	<b>1</b>	<b>2</b>

We make every effort to serve your children foods that are reduced in saturated fat and Trans Fat Free and use **Heart Healthy Olive Oil** to prepare our fresh steamed vegetables.

Did you know? Our daily Milk choices are all 1% Low fat Milk from cows NOT treated with the growth hormone BST!

